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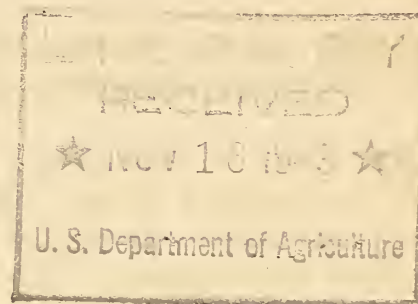
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They Eat It -- And Like It

Broadcast by Ruth Van Deman, Bureau of Human Nutrition and Home Economics, Mary Barber, Quartermaster General's Office, U. S. Army, and M. L. DuMars, Radio Service, in the Department of Agriculture's portion of the National Farm and Home Hour, Tuesday, November 2, 1943, over stations associated with the Blue Network.

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ANNOUNCER: And here's Ruth Van Deman...

VAN DEMAN: With a guest from the Army.

ANNOUNCER: And Duke DuMars...

DUMARS: With Bulletin Board facts for farmers. But first....Ruth, suppose you take over and introduce your guest.

RUTH VAN DEMAN: Very happy to, Duke. It's a pleasure to have with us Miss Mary Barber, Food Consultant in the Quartermaster General's Office. Miss Barber helps plan the menus for the men in camps in this country and abroad.

DUMARS: Then, Miss Barber, you must know what men like to eat.

MARY BARBER: Yes, what they like...and what they don't like. We're finding out some very interesting things about the eating habits of the soldiers. We made a study of the meals of 2-1/2 million men in three large camps.

DUMARS: What did you find out?

BARBER: We find this Army's "different." The old idea that soldiers want just meat, and potatoes, and gravy isn't true -- not in this war.

DUMARS: You mean to say this is a vegetable-eating Army?

BARBER: No, I wouldn't go so far as to say that. But we are getting more and better vegetable eaters all the time. The younger men are from the generation that has grown up eating its vegetables. They learned to like them at home. And they aren't happy without fresh vegetables at the Army mess.

VAN DEMAN: That goes for salads too, Mary?

BARBER: Yes, if it's plain salad -- something like lettuce with a tasty dressing or a combination salad. We've found also that the young men are milk drinkers. They want more milk to drink than the Army ration can provide.

VAN DEMAN: What is the milk ration now...still half a pint a day?

BARBER: Yes, that's all the ration gives. So some boys who want extra milk buy it at the P.X. when they can. However, the equivalent of one pint of milk is furnished in evaporated milk for cooking and in powdered milk for bread making...and in cheese and ice cream.

DUMARS: The reason, of course, that the Army ration of fluid milk is so limited is that milk supplies are limited for everybody - military and civilians.

BARBER: That's right. The Army would like to increase the milk ration if supplies were available. Our study showed too that most of the milk drinkers were not coffee drinkers. Only about half the men were drinking coffee. So the mess sergeant promptly cut the number of coffee rations he was drawing...cut them almost in half.

VAN DEMAN: Mary, that's right in line with the nation-wide food campaign...you know - produce, conserve, share, play square.

BARBER: Yes, in the Army, food fights for freedom. Naturally the soldier's job is not to produce food. But at some of the camps last summer the soldiers had Victory Gardens. In their off-duty hours they spaded, planted, weeded, and grew some fine vegetables. The mess sergeants on those posts were able to scratch some fresh vegetables off their order list for a while.

DUMARS: Miss Barber, what do you consider is the biggest way the Army is conserving food?

BARBER: Probably by being more careful in issuing rations...issuing them only to the men on the spot to eat the food. You see, it's been the custom in the Army for each mess officer to draw one ration for each man assigned to his mess...three meals a day. But studies show that not every soldier reports for every meal.

VAN DEMAN: You mean some don't get up for breakfast?

DUMARS: --- Hums bugle call. (You got t' get up -- etc.)

BARBER: Oh, they get up all right. But they don't always eat breakfast. I'm sorry to say that seems to worry the doctor and the dietitian more than it does the men. And many have passes to go into town in the evening. So they eat at restaurants. And some are on sick call. So orders went down the line some months ago to issue rations only for the men who actually eat in the mess.

DUMARS: Like getting your name in the pot for dinner at home.

BARBER: Exactly. And it saves food just the same way. The home cook doesn't cook more food than the family will eat....and maybe have left-overs that are hard to use up. It works the same way in the Army, and of course on a vast scale. As you know it takes millions of tons of food to feed the millions of men in the Army. For instance, each soldier eats about a pound and a half more food a day than he did in civilian life.

VAN DEMAN: Mary, you mentioned left-overs. Does the Army cook struggle with left-overs the way we home cooks do?

BARBER: Yes, but they take it in their stride. And we've worked out a long list of ways to use left-overs -- to give them ideas if their own run short.

VAN DEMAN: Such as.....

BARBER: Such as putting left-over vegetables into soups and stews. And boiling meat bones to make broth.

VAN DEMAN: To serve as soup or make into gravy?

BARBER: Yes, or to cook vegetables in...or to use as the base for barbecue sauce. One mess sergeant makes a wonderful meat sauce that way to serve with spaghetti.

DUMARS: What about bread, Miss Barber. Does the Army have some smart ways to use dry bread?

VAN DEMAN: You see, Mary, we know that Army bread is very good bread -- made with enriched flour, and milk, and.....

DUMARS: Plenty of yeast. We heard about that the other day.

BARBER: Army bread is mighty good bread. We try not to let a slice go to waste. Usually the Monday menu contains a recipe that calls for bread. That's because there's often bread left over from Sunday. Sunday dinner is often a little more elaborate than the week-day meals, and less bread may be eaten. But there must be enough bread on hand in case all soldiers have to stay on the post due to special orders. So on Monday the cook often makes French toast for breakfast. Or makes a bread stuffing for the roast for dinner. Or serves bread pudding for supper. Or he may cut the bread into little squares and toast it in the oven for croutens to go in the soup.

DUMARS: Do you find that men in the Army like soup?

BARBER: Not so well as some other things. Soup has to be served right to be enjoyed. If it's lukewarm, it's likely to be left uneaten. In an Army mess where there's table service, soup can be served first and served hot. Then the men eat soup and like it.

VAN DEMAN: Mary, I notice you say in an Army mess where there's table service. In many camps food's served cafeteria style, isn't it?

BARBER: Yes, in a great many of the larger messes. And sometimes the spoons and ladles are turned toward the men. Then as they pass along the line they can serve themselves to just as much as they want.

VAN DEMAN: Not have the plate piled with "a mound of mashed potatoes high enough for a ski jump...and enough gravy to fill a swimming pool,".....as one of the newspaper men now in the Army wrote in his column the other day.*

DUMARS: I'm sure the Army wants no man to go hungry.

BARBER: That's true. But the Army also wants every soldier to leave his plate clean. And everybody who handles food in the Army is very conservation-conscious. In one camp they have a scale set up with a long pointer. If a soldier leaves much food on his plate, it is put on the scale. And, if there's more there than "the law allows," the pointer goes to a sign that reads - "For Hitler!" If the plate's clean, it goes to the sign "For Victory."

VAN DEMAN: That's a wonderful idea. I'm going to suggest that to the cafeteria where I eat lunch. As we all know, the eyes are often bigger than the stomach when we go down a cafeteria line....Well, thank you very much, Mary Barber, for telling how the quarter master corps is helping to make Food Fight for Freedom -- by helping the men in the Army to get the right food and plenty of it. Come back again sometime and tell us more about it.

BARBER: Thank you, I'd be glad to.

DUMARS: Farm and Home friends, Ruth Van Deman's guest today has been Miss Mary Barber, Food Consultant to the Secretary of War, assigned to the Quartermaster General's Office.